

# CV

## Anastasia C. Rosvoglou, MSc Candidate

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### *Education*

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2015-2019

BSc, Department of Physical Education and Sport Science (DPES) of the University of Thessaly

### *Professional Experience/Background*

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2018-Today

Strength and conditioning specialist

Personal/Group trainer

Coach of Cheerleading and Rhythmic gymnastics teams

### *Research Interests*

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My research activity, in general, is in strength and conditioning. My current academic interests are focused on the effects of exercise on physical performance and health.